

Irvine Valley College Community Education

INSTRUCTOR LED ONLINE COURSES

Introduction to Stock Options

Learn how stock options can protect your portfolio and help you profit in any type of market.

Accounting Fundamentals

Give yourself skills that are in high demand by exploring corporate accounting with a veteran instructor.

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Learn the basics of HTML so you can design, create, and post your very own site on the Web.

Creating a Successful Business Plan

Turn your business ideas into a solid plan for financing and long-term success.

How to Make Money From Your Writing

Whether you want to create your own business, add to your income, supplement your retirement, or boost what you're earning as a writer, you'll find the how-to's here.

Introduction to Microsoft Outlook 2010

Take control over your meetings, emails, and to-do lists by mastering the essentials of Microsoft Outlook 2010.

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Veteran teacher reveals the secrets to an orderly classroom. A step-by-step approach to effective, positive discipline.



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The Principles of Green Buildings (PGB) program explains the science that individuals in the building, remodeling, or trade industries need to know in order to make buildings perform more efficiently.

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ONLINE REGISTRATION PROCEDURES

- Go to **www.123getsmart.com**
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Proceed to click on "Create New Account."
(Your previous IVC Student Number and Pin Number do not work on this system.)
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- The course will now be added. You can select under the "**Client**" column whom you would like registered in the course.
- Now you can choose the button to continue shopping for more classes or "**Go to Checkout.**"
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EMERITUS INSTITUTE OFFICE

5500 Irvine Center Drive at Jeffrey Road
Irvine, CA 92618
Building A 300, Room A 304
949-451-5555 • www.123getsmart.com

OPEN HOURS:

Monday through Friday
9:00 am–5:00 pm

NO CLASSES ARE HELD ON THE FOLLOWING HOLIDAYS:

Thu., Jan. 1—New Year's Day
Mon., Jan. 19—Martin Luther King Day
Fri., Feb. 13—Lincoln's Birthday
Mon., Feb. 16—Presidents' Day
Sun., Mar. 22 to Sun., Mar. 28—Spring Break

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REFUND POLICY:

Full refunds are issued for classes cancelled by IVC. Student-requested refunds or transfers made three days prior to the start of class are assessed a \$10 fee and students receive a six-month credit on account. **Refunds are not available after the class begins.**

EMERITUS INSTITUTE CLASSES

INTERSESSION CLASSES

No intercession classes between Dec. 22, 2014 and Jan. 4, 2015.

PIANO - BEGINNING/INTERMEDIATE \$30

For those who wish to improve their skills performing both classical and popular music. Includes theory, fingering, interpretation techniques, sight-reading, and repertoire development. (No class in December or on 1/19.) Faculty: Carol Lippert

8327	11am-2pm	M	11/3-11/24/14	LSC
			1/5-1/26/15	

CHAIR EXERCISES - BEGINNING \$20

Practice techniques for maintaining or improving the physical fitness necessary to perform the activities of daily living. Exercises will include methods to improve strength and flexibility with the use of Dyna-bands and small hand held weights. Designed for older adults at a low level of fitness. Faculty: Eugenia Lane

7961	9:30-10:30am	Tu	12/2/14-2/3/15	LSC
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Focus is on flexibility, stretching, and chair yoga.

7962	9-10am	W	12/3/14-2/4/15	LSC
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CHAIR EXERCISES - INTERMEDIATE \$15

A safe and effective exercise program for seniors, utilizing Dyna-band resistive exercises, cardiovascular exercise, and weights. Practice techniques for maintaining or improving health and fitness. Faculty: Lisa Messenger

7957	9-10am	M	12/1/14-1/26/15	LSC
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7958	9-10am	F	12/5/14-1/30/15	LSC
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PHYSICAL FITNESS \$20

Combines three major components: strengthening exercises; cardiovascular exercises; and stretching, range-of-motion, and flexibility exercises. Designed for the older adult. Faculty: 8050, 8051 - Lisa Messenger; 8049, 8052 - Lesley Lowe.

8052	1:30-3pm	M	12/1/14-1/26/15	LSC
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8049	1:30-3pm	W	12/3/14-1/28/15	LSC
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8050	1-2:30pm	Tu	12/2/14-1/27/15	RSC
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8051	1-2:30pm	Th	12/4/14-1/29/15	RSC
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PILATES \$30

A non-impact exercise that strengthens and tones muscles, increases flexibility, develops proper body alignment, improves coordination and develops an increased sense of body awareness. Includes stretches that enhance physical fitness and focus on total body conditioning to correct body alignment and improve your posture. Wear comfortable clothing and bring a mat to class. Faculty: Eugenia Lane

8062	1-2:30pm	F	12/5/14-2/6/15	RSC
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YOGA STRETCHING

\$30

Increase flexibility and muscular strength through gentle exercise. Journey through the yoga poses, exploring methods of relaxation for the body and mind. Emphasis is on stress management methods, correct body alignment, breath control and mental concentration. Faculty: Eugenia Lane

8114	11:15am-12:35pm	Tu	12/2/14-2/3/15	RSC
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TAI CHI CH'UAN

\$25

Tai chi ch'uan is an ancient Chinese exercise that provides both mental and physical health benefits. Improve balance, lower high blood pressure, and increase vitality with tai chi! Learn tai chi movements, self-massage acupressure, and the philosophy of tai chi ch'uan. Faculty: Richard Caramagno

8087	1-2:30pm	Tu	12/2/14-2/3/15	Tustin
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8088	9-10:30am	W	12/3/14-2/4/15	LFCH
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8089	10:30am-noon	W	12/3/14-2/4/15	LFCH
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This is an advanced class for students of Guang Ping Yang tai chi.

8090	1-2:30pm	Th	12/4/14-2/5/15	Tustin
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PERSONAL ENRICHMENT CLASSES

CREATIVE WRITING - ADVANCED

\$45

An advanced level creative writing class for older adults, with a focus on writing from life and personal history. All writers welcome, from beginners to pros. Faculty: Jeffrey Briar

8236	1-3:50pm	W	2/4-3/25	LSC
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ART CLASSES

ADVANCED PAINTING IN ACRYLIC AND MIXED MEDIA

\$38

Enjoy an expressive approach to painting in a variety of inventive techniques using the medium of your choice: watercolor and/or acrylics. You will explore painting on paper, yupo and canvas while developing a working knowledge of color theory, composition and design. Emphasis is on identifying personal style from representational to abstract and original imagery. Paint, collage, wax (encaustics), inks, resists and drawing media will be incorporated. This course includes film and slide presentations of the innovative masters of modern and contemporary art. All levels welcome. (No class 3/25.) \$3 material fee due at first class. Faculty: Donna Hanna-Chase

8334	9am-noon	W	2/4-4/29	LSC
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This class includes registration for Emeritus class #61780.

ART HISTORY

\$26

What is the nature of art? Why do humans create art? What is the oldest art in the world? A unique look at the history of art; an investigation into the creative process and visual art from the prehistoric to contemporary world. Examine the stories of the visionaries who contributed to and redirected the course of art history. Enjoy informative and insightful lectures, films and excursions. Selected topics are relevant to current exhibitions. **\$3 material fee due at first class. (No class 2/13, 3/27.) Faculty: Pam Schader**

8213 11:30am-1:30pm F 2/6-4/24 RSC
This class includes registration for Emeritus class #61755.

BEAD WEAVING

\$45

Establish and build on beading knowledge and learn the basic off loom stitches: Peyote, Square, Right Angle Weave, Netting, Brick, Herringbone, Chevron stitch, and their different forms. Students will be encouraged to create their own style. All skill levels welcome. **Faculty: Annette Hernandez**

8217 Noon-1:50pm Tu 1/6-3/24 Tustin
This class includes registration for Emeritus class #61760.
8335 7-9pm Tu 1/6-3/24 Tustin
8218 10-11:50am Th 1/8-3/26 FSSC
This class includes registration for Emeritus class #61765.
8219 10-11:50am F 1/9-3/27 RSC
This class includes registration for Emeritus class #61765.
8220 Noon-1:50pm Tu 4/7-6/23 Tustin
8337 7-9pm Tu 4/7-6/23 Tustin
8221 10-11:50am Th 4/9-6/25 FSSC
8222 10-11:50am F 4/10-6/26 RSC

WATERCOLOR/ACRYLIC PAINTING

\$38

Enjoy an expressive approach to painting in a variety of inventive techniques, using the medium of your choice: watercolor and/or acrylics. You will explore painting on paper and canvas while developing a working knowledge of color theory, composition and design. Emphasis is on identifying personal style, from representational to abstract, and original imagery. Paint, collage, wax [encaustics], inks, resists and drawing media will be incorporated. This course includes films and slide presentations of the innovative masters of modern and contemporary art. All levels welcome. **(No class 3/24.) \$3 material fee due at first class. Faculty: Pam Schader**

8318 12:30-3:30pm Tu 2/3-4/14 LBCC
This class includes registration for Emeritus class #67810.

WATERCOLOR PAINTING – BEGINNING

\$30

Explore a variety of watercolor techniques while developing a working knowledge of color theory, composition and design. Emphasis is on the spontaneity of watercolor and creative thinking. **\$3 material fee due at first class. (No class 2/13, 3/27.) Faculty: Theresa Fernald**

8301 9am-noon F 1/23-3/6 LSC
This class includes registration for Emeritus class #61775.
8302 9am-noon F 3/20-5/1 LSC
This class includes registration for Emeritus class #61785.

WATERCOLOR PAINTING – INT/ADV

\$30

Use and incorporate color mixing in a broader palette for washes, glazing, and spontaneous interpretation of the subject matter. An increased emphasis will be placed on individual exploration with the media. **(No class 3/26.) \$3 material fee due at first class. Faculty: Theresa Fernald**

8304 1-3:50pm Th 1/22-2/26 LBCC
This class includes registration for Emeritus class #61775.
8305 1-3:50pm Th 3/12-4/16 LBCC
This class includes registration for Emeritus class #61785.

COMPUTER CLASSES

INTRODUCTION TO PERSONAL COMPUTERS

\$40

An introduction to personal computers, starting with Microsoft Windows 7 and proper use of the mouse. We will be exploring the filing system in Windows. "Where do all your files and pictures go inside that computer?" "How does the Internet fit in to all the other programs on my computer?" "Where do all the files I download from email go, and why can't I find them?" If you have some of these questions, this might be the hands-on class for you. We will be going at a slow pace so you can feel comfortable asking questions and applying the answers to the computer you are working on. **Faculty: Louise Records**

8320 1:30-3pm Th 1/22-2/26 Tustin

BEGINNING E-MAIL I

\$40

Designed for the beginner, this class introduces email (electronic mail), which is the paperless equivalent of exchanging letters through the postal system -- but much faster, and free! Topics covered will be how to set up an e-mail account, including tips on how to select an email address and password; sending email messages; retrieving messages; sending attachments (letters, etc. as well as photos); forwarding messages; and replying to messages. Security as it relates to email accounts will be covered. **Faculty: Louise Records**

8319 3:15-4:45pm Th 1/22-2/26 Tustin

MUSIC CLASSES

CHORAL ENSEMBLE

\$20

Choral singing, emphasizing choral literature, the development of correct singing techniques, vocal production, and improved sight-reading. **(No class 2/13, 2/16, 3/23, 3/27.) Faculty: 8227 – Louise Jacobs; 8228 – Cecilia Kim**

8227 3-5pm F 1/30-5/1 Tustin
This class includes registration for Emeritus class #62090.
8228 10am-noon M 2/2-5/4 RSC
This class features the Evergreen Choir.
This class includes registration for Emeritus class #62090.

FOR THE LOVE OF MUSIC \$25

Introduces overall musicianship and music appreciation, surveying various periods of music. Topics include great composers; music research; the form of compositions; creative theory; the makeup of a symphony orchestra, chorus, and concert program; the function of the conductor; and the instruments of the orchestra and their contribution. (No class 2/16, 3/23, 5/25.) Faculty: Louise Jacobs

8252 Noon-3:30pm M 1/26-3/30 Tustin

This class includes registration for Emeritus class #62065.

8255 Noon-3:30pm M 4/6-6/1 Tustin

This class includes registration for Emeritus class #62060.

PIANO \$30

For those who wish to improve their skills performing both classical and popular music. Includes theory, fingering, interpretation techniques, sight-reading, and repertoire development. (No class 2/16, 3/23.) Faculty: Carol Lippert

8284 Beg. 11am-2pm M 2/2-5/4 LSC

This class includes registration for Emeritus class #62070.

8285 Int. 2-5pm M 2/2-5/4 LSC

This class includes registration for Emeritus class #62075.

BAND REHEARSAL AND PERFORMANCE \$30

Focus is on the preparation, study, and performance of band concert repertoire. The content differs each time, and repeat students gain an expanded educational experience by repetition and practice, developing skills and proficiency. (No class 3/24.) Faculty: Peter Fournier

8215 6-9pm Tu 1/20-5/19 LBHS

This class includes registration for Emeritus class #62080.

INSTRUMENTAL ENSEMBLE REHEARSAL AND PERFORMANCE \$30

Focus is on the preparation, study, and performance of small ensemble concert repertoire. May include Laguna Swing Set, Laguna Swing Society, Dixieland Band, Flute Ensemble, Trombone Ensemble, Brass Quintet, Percussion Ensemble, Bolling Jazz Group; and more. (No class 3/24.) Faculty: Peter Fournier

8258 6-9pm Tu 1/20-5/19 LBHS

This class includes registration for Emeritus class #62085.

FITNESS CLASSES

AEROBIC/YOGA/MAT-PILATES \$20

This course promotes aerobic conditioning (moderate cardio, standing and floor) in its first half, and/or toning and strengthening via Pilates/yoga in the second half. Pilates stabilizes the spine by engaging core muscles (abdominal, lower-back, pelvis, hip, shoulder, neck), and proper alignment for daily life and post-rehab. Pilates/yoga include deep breathing and mind-body relaxation in a soothing environment. Bring hand-weights, mats and Dyna-bands (or purchase in class). (No class 2/13.) Faculty: Jackie Ovardia

8204 1:30-2:45pm F 1/9-4/3 RSC

This class includes registration for Emeritus class #62005.

A.S.A.P.—AEROBIC STRENGTH AND PILATES \$20

Combines intervals of aerobic and strength training for burning extra calories and a variety of Pilates and resistance training for improving posture and overall muscle strength. Expect gradual improvement in balance, stability around joints to reduce pain and injuries, firming of abs and pelvic floor, strength in lower and upper body, toning, flexibility, body awareness, improvement in activities of daily life, leisure sports or other performances and better moods. Regular, proper exercises may contribute to weight loss if combined with a balanced diet. Bring hand-weights, mats, paper plates and Dyna-bands. Faculty: Jackie Ovardia

8202 2:30-3:45pm Tu 1/6-3/24 RSC

This class includes registration for Emeritus class #61930.

8203 Noon-1:15pm Th 1/8-3/26 RSC

This class includes registration for Emeritus class #61930.

AQUATIC FITNESS TRAINING \$20

Designed for swimmers and non-swimmers to develop and maintain physical fitness through aerobic conditioning in the water. Emphasis is on training to improve balance and cardiovascular fitness. Faculty: Barbara Stockler

8209 10:30am-noon Tu 1/27-3/17 LBHSCP

This class includes registration for Emeritus class #61995.

8210 10:30am-noon Th 1/29-3/19 LBHSCP

This class includes registration for Emeritus class #61990.

8211 2-3:30pm Tu 1/27-3/17 LFBTC

This class includes registration for Emeritus class #61995.

8212 2-3:30pm Th 1/29-3/19 LFBTC

This class includes registration for Emeritus class #61990.

8321 10:30am-noon Tu 3/31-5/19 LBHSCP

8322 10:30am-noon Th 4/2-5/21 LBHSCP

8323 2-3:30pm Tu 3/31-5/19 LFBTC

8324 2-3:30pm Th 4/2-5/21 LFBTC

CHAIR EXERCISES—BEGINNING \$20

Practice techniques for maintaining or improving the physical fitness necessary to perform the activities of daily living. Exercises will include methods to improve strength and flexibility with the use of Dyna-bands and small hand-held weights. Designed for older adults at a low level of fitness. (No class 3/24, 3/25.) Faculty: Eugenia Lane

8225 9:30-10:30am Tu 2/10-5/5 LSC

Focus is on flexibility, stretching, and chair yoga.

This class includes registration for Emeritus class #61900.

8226 9-10am W 2/11-5/6 LSC

This class includes registration for Emeritus class #61900.

CHAIR EXERCISES—INTERMEDIATE \$20

A safe and effective exercise program for seniors, utilizing Dyna-band resistive exercises, cardiovascular exercise, and weights. Practice techniques for maintaining or improving health and fitness. (No class 2/13, 2/16, 3/23, 3/27.) Faculty: Lisa Messenger

8223 9-10am M 2/2-5/4 LSC

This class includes registration for Emeritus class #61915.

8224 9-10am F 2/6-5/8 LSC

This class includes registration for Emeritus class #61920.

COUNTRY LINE DANCE \$20

Learn line dances while developing and maintaining physical fitness. Popular dances are featured to music, including the Tush Push, the Electric Slide, and many more. A great way to stay fit while having fun. (No class 2/16, 3/23, 3/24, 3/25, 3/26, 3/27, 4/7, 4/8.) Faculty: Ida Stuart

8229 10:30-11:50am M 2/2-5/4 LSC

This class includes registration for Emeritus class #62010.

8230 9:30-10:50am Tu 2/3-5/5 TRCP

This class includes registration for Emeritus class #62025.

8231 11am-12:20pm Tu 2/3-5/5 TRCP

This class features Easy Country Line Dance.

This class includes registration for Emeritus class #62000.

8232 11:30am-12:50pm W 2/4-5/6 HPCC

This class includes registration for Emeritus class #62020.

8233 9-10:20am Th 2/5-4/30 LSC

This class includes registration for Emeritus class #62015.

8234 10:30-11:50am F 2/6-5/1 LSC

This class includes registration for Emeritus class #61890.

DAYAN QIGONG—"WILD GOOSE CHI KUNG" \$30

Popular in China, Wild Goose Chi Kung provides a balanced approach to health and wellness. Simple, easy movements dredge the meridians, expel "sickness" qi and strengthen the body's immune system. Classes include stretching, acupressure massage, meditation and the graceful movements of Dayan Qigong. (No class 3/25.) Faculty: 8238-JoAnna Schoon, 8237-Judy Shields

8237 10-11:20am W 2/4-4/29 RSC

This class includes registration for Emeritus class #61985.

8238 10-11:30am Th 1/15-4/9 LBCC

This class includes registration for Emeritus class #61980.

DYNA-BAND WORKOUT \$25

Increase your strength and mobility using Dyna-bands. Dyna-bands or resistance bands (long latex strips) are used to increase muscle strength. Learn to properly perform exercises using the bands in combination with chair aerobics and gentle stretching. Workouts include a cool down time with gentle stretching and breathing. This class includes an arthritis exercise program. (No class 3/24.) Faculty: Rene Fiore-Burton

8243 12:30-2pm Tu 1/20-4/14 LFCH

This class includes registration for Emeritus class #61855.

IT'S NEVER TOO LATE® FITNESS \$30

The class consists of the three components necessary to maintain optimum health and fitness—low impact weight bearing aerobics, strength training, and stretching and flexibility movements, suited to the needs of the individual. (No class 3/24.) Faculty: Rene Fiore-Burton

8262 10-11:30am Th 1/22-4/16 LF II

This class includes registration for Emeritus class #61850.

LAUGHTER YOGA \$20

Discover the joyful laughter-as-exercise system that blends intentional laughter with other complementary health systems. Receive all the benefits of laughter: relief of stress, strengthened immune system, improved respiration and circulation, and relief of anxiety/depression. Faculty: Jeffrey Briar

8264 9:30-10:30am W 2/25-5/6 RSC

This class includes registration for Emeritus class #61805.

MILD EXERCISE FOR FITNESS \$25

An exercise program modified for the senior who wishes to build strength, endurance, and flexibility along with balance. Light weights and easy-to-follow dyna-bands are added. (No class 3/26.) Faculty: Beejay Janiga

8265 11am-Noon Th 1/29-5/21 Tustin

This class includes registration for Emeritus class #62030.

PHYSICAL FITNESS \$15/\$25

Combines three major components: strengthening exercises, cardiovascular exercises and stretching; range-of-motion; and flexibility exercises. Designed for the older adult. (No class 2/13, 2/16, 3/23, 3/24, 3/25, 3/26, 3/27.) Faculty: 8274, 8275, 8276, 8277, 8278-Becky Rigali, 8279, 8280-Lesley Lowe and 8281, 8282-Lisa Messenger

\$15 Class:

8274 7:45-8:45am M 1/26-4/27 NCCC

This class includes registration for Emeritus class #61965.

8275 7:45-8:45am Tu 1/27-4/21 NCCC

This class includes registration for Emeritus class #61960.

8276 7:45-8:45am W 1/28-4/22 NCCC

This class includes registration for Emeritus class #61975.

8277 7:45-8:45am Th 1/29-4/23 NCCC

This class includes registration for Emeritus class #61970.

8278 7:45-8:45am F 1/30-5/1 NCCC

This class includes registration for Emeritus class #61945.

\$25 Class:

8279 1:30-3pm M 2/2-5/4 LSC

This class includes registration for Emeritus class #62035.

8280 1:30-3pm W 2/4-4/29 LSC

This class includes registration for Emeritus class #62040.

8281 1-2:30pm Tu 2/3-4/28 RSC

This class includes registration for Emeritus class #61905.

8282 1-2:30pm Th 2/5-4/30 RSC

This class includes registration for Emeritus class #61910.

PILATES

\$30

A non-impact exercise that strengthens and tones muscles, increases flexibility, develops proper body alignment, improves coordination and develops an increased sense of body awareness. Includes stretches that enhance physical fitness and focus on total body conditioning to correct body alignment and improve your posture. Wear comfortable clothing and bring a mat to class. (No class 2/13, 2/16, 3/23, 3/24, 3/25, 3/27.) Faculty: 8290, 8291, 8292-Becky Rigali, 8287, 8289-Rene Fiore-Burton, 8288-Eugenia Lane

8289 10-11:30am Tu 1/20-4/14 LF II

This class includes registration for Emeritus class #61845.

8287 10-11:30am F 1/23-4/17 NCCC

This class includes registration for Emeritus class #61840.

8290 10:15-11:15am M 1/26-4/27 LBCC

This class includes registration for Emeritus class #61950.

8291 10:15-11:15am W 1/28-4/22 LBCC

This class includes registration for Emeritus class #61940.

8292 10:15-11:15am F 1/30-5/1 LBCC

This class features a more advanced workout.

This class includes registration for Emeritus class #61955.

8288 1-2:30pm F 2/20-5/15 RSC

This class includes registration for Emeritus class #61935.

TAI CHI CH'UAN

\$25

Tai chi ch'uan is an ancient Chinese exercise that provides both mental and physical health benefits. Improve balance, lower high blood pressure, and increase vitality with tai chi! Learn tai chi movements, self-massage acupressure, and the philosophy of tai chi ch'uan. (No class 3/24, 3/25, 3/26.) Faculty: Richard Caramagno

8295 1-2:30pm Tu 2/10-5/5 Tustin

This class includes registration for Emeritus class #61820.

8296 9-10:30am W 2/11-5/6 LFCH

This class includes registration for Emeritus class #61830.

8297 10:30am-Noon W 2/11-5/6 LFCH

**This class is an advanced tai chi class for students of Guang Ping Yang tai chi.*

This class includes registration for Emeritus class #61825.

8298 1-2:30pm Th 2/12-5/7 Tustin

This class includes registration for Emeritus class #61815.

TAP DANCE

\$45

Always dreamed of dancing, but never had the chance? Now's the time! Beginning, intermediate and advanced tap and exercise for men and women of all ages. Learn the Waltz Clog, Buck Time Steps, Cramp Rolls, and more, with the opportunity to do performances. Beginning Tap will be from 9-10am. Intermediate Tap will be from 10-11am. Advanced Tap will be from 11am-noon. (No class 3/24.) Faculty: Marge Forehan & Dorothy Bregozzo

8299 9am-noon Tu 2/3-4/21 RSC

This class includes registration for Emeritus classes #61800, 61865, 61870.

YOGA

\$20/\$25/\$36/\$38/\$60

Instruction and practice includes passive exercise especially adapted to seniors; stretching, relaxing and breathing, and working together in rhythm as directed. Course repetition allows you to build skills and increase your fitness level. (No class 2/16, 3/23, 3/26.) Faculty: 8308-Jeffrey Briar, 8309-Kathryn Burns, 8236-Fleur Fong, 8312, 8313, 8314, 8315, 8316, 8325-Mikki Michele

\$20 Class:

8308 9-10am M 2/23-4/20 LBCC

This class includes registration for Emeritus class #61805.

\$25 Class:

8309 11:30am-1pm F 2/6-5/8 LBCC

This class includes registration for Emeritus class #61810.

\$36 Class:

8312 10:30am-Noon M 1/26-3/23 Tustin

This class includes registration for Emeritus class #62050.

8315 10:30am-Noon M 3/30-5/18 Tustin

This class includes registration for Emeritus class #62055.

8313 10:30am-Noon W 1/28-3/18 Tustin

This class includes registration for Emeritus class #61925.

8316 10:30am-Noon W 4/1-5/20 Tustin

This class includes registration for Emeritus class #62045.

\$38 Class:

8326 1-2:30pm W 1/7-4/1 LFCH

This class includes registration for Emeritus class #61860.

\$60 Class:

8314 10:30am-Noon M,W 1/26-3/23 Tustin

This class includes registration for Emeritus classes #62050 and 61925.

8325 10:30am-Noon M,W 3/30-5/20 Tustin

This class includes registration for Emeritus classes #62055 and 62045.

YOGA STRETCHING

\$30

Increase flexibility and muscular strength through gentle exercise. Journey through the yoga poses, exploring methods of relaxation for the body and mind. Emphasis is on stress management methods, correct body alignment, breath control and mental concentration. (No class 3/24.) Faculty: Eugenia Lane

8317 11:15am-12:35pm Tu 2/10-5/5 RSC

This class includes registration for Emeritus class #61895.

GENTLE YOGA

\$25

Guided stretching and breathing exercises are adapted for seniors to regain range of motion and restore strength. Ideal for those in recovery. Class is geared for those with limited range of motion and back problems. All ages welcome. (No class 3/25.) Faculty: Ruthe Gluckson

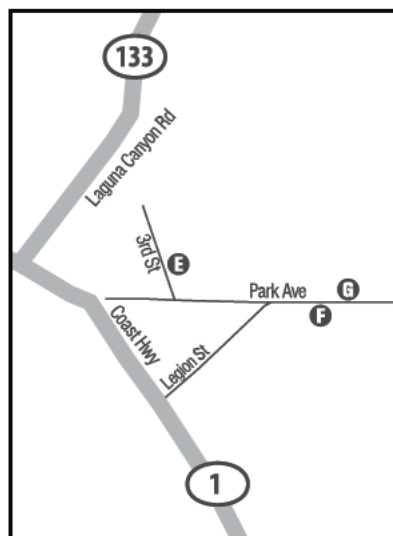
8256 11:30am-1pm W 2/4-4/29 LBCC

This class includes registration for Emeritus class #61875.

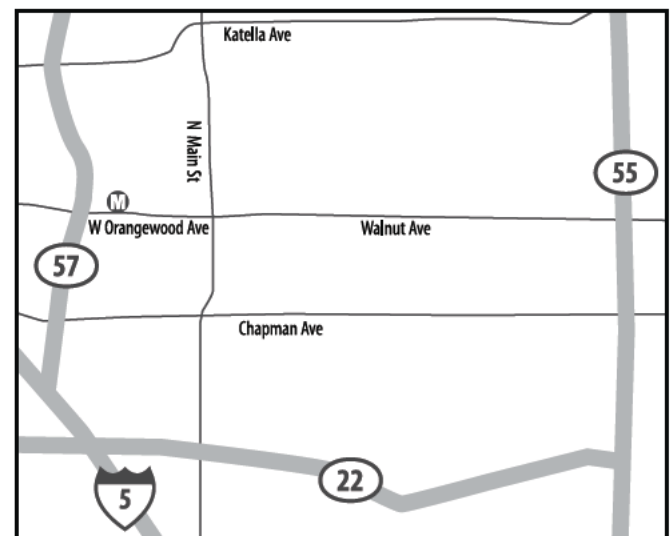
OFF-CAMPUS CLASS LOCATIONS

Class Site/Code	Location	Address	Phone
A ATRIA	Atria Senior Living	1 Witherspoon, Irvine 92604	949-654-8500
B FAN	Financial Advisors Network Training Room	1432 Edinger Ave., Suite 200, Tustin 92780	714-597-6510
C FSSC	Florence Sylvester Senior Center	23721 Moulton Parkway, Laguna Hills 92653	949-380-0155
D HPCC	Heritage Park Community Center	14301 Yale Ave., Irvine 92604	949-724-6750
E LBCC	Laguna Beach Community Center	380 Third St., Laguna Beach 92651	949-464-9535
F LBHS	Laguna Beach High School	625 Park Ave., Laguna Beach 92651	949-464-9535
G LBHSCP	Laguna Beach High School Community Pool	625 Park Ave., Laguna Beach 92651	949-464-9535
H LF II	Lake Forest II, Sun and Sail Club	24752 Toledo Way, Lake Forest 92630	949-586-0860, ext. 10
I LFBTC	Lake Forest Beach and Tennis Club	22921 Ridge Route Dr., Lake Forest 92630	949-837-6100
J LFCH	Lake Forest City Hall Community Center	25550 Commercentre Dr., Lake Forest 92630	949-461-3450
K LSC	Lakeview Senior Center	20 Lake Rd., Irvine 92612	949-724-6900
L NCCC	Newport Coast Community Center	6401 San Joaquin Hills Rd., Newport Coast 92627	949-270-8100
M NRCLC	NR Computer Learning Center	2100 W. Orangewood, Suite 110, Orange 92868	714-505-3475
N RSC	Rancho Senior Center	3 Ethel Coplen Way, Irvine 92612	949-724-6800
O TRCP	Turtle Rock Community Park	1 Sunnyhill, Irvine 92603	949-724-6734
P TUSTIN	Tustin Area Senior Center	200 South C St., Tustin 92780	714-573-3340

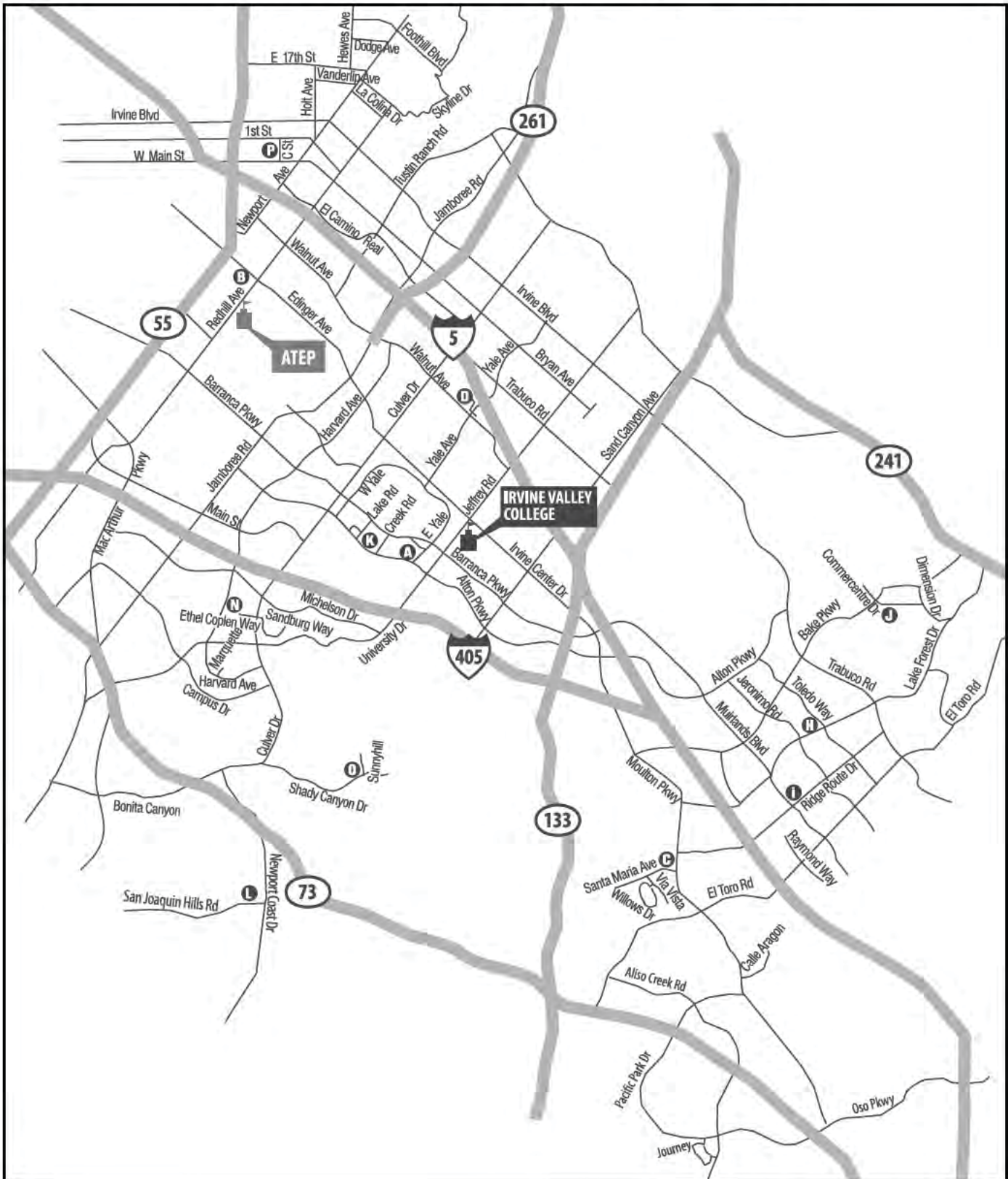
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ORANGE



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Daytime telephone # _____ E-mail _____

Participant Name If Different from Payee	Birth Date	Class Name and Number	Fee

Check # (made payable to IVC) _____ Would you like a receipt? (circle one) Yes No

Office use only _____ Receipt # _____ Date _____ Other _____

GENERAL PURPOSE LIABILITY WAIVER RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT

In consideration of accepting this registration, I hereby release, indemnify, and hold harmless South Orange County Community College District and its officers, clients, agents or employees from any and all claims, damages, or losses caused by the negligent or intentional acts or omissions of the SOCCCD's officers, clients, agents or employees that result in bodily injury, property damage or any other injury or loss to myself (and to any minor children for whom I have the capacity to contract) arising out of the participation in this program or other classes sponsored by Irvine Valley College, for a calendar year, enrolled in by me (and by any minor children for whom I have the capacity to contract). I hereby give permission to IVC to videotape or photograph me or my children participating in the programs for use in future marketing, publicity, and advertising on behalf of Irvine Valley College, The Irvine Valley College Foundation, and/or the South Orange County Community College District and understand that I will not receive any compensation for such use. I further hold harmless IVC, the IVC Foundation, or the SOCCCD for any unintentional misuse or misrepresentation of any video or photographic image as part of the above-mentioned uses. I CERTIFY THAT I HAVE READ AND UNDERSTAND THIS WAIVER AND RELEASE AS IT APPLIES TO MYSELF.

Signature of Participant (If participant is under 18, a parent or guardian must sign): _____ Date: _____

Participant Name: _____

Emergency Contact/Relationship: _____ Daytime Phone #: _____

Name of Parent or Legal Guardian: _____ Daytime Phone #: _____